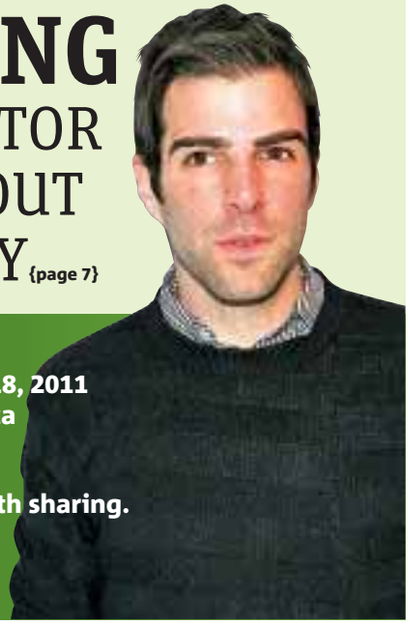
DESEO IS BACK WITH DELICIOUS SPANISH & LATIN DISHES
LUNCH RUSH {page 9}

BAREFOOT RUNNING IS CATCHING ON
IS IT A TREND OR A HEALTHY CHOICE? {page 8}

REVEALING
STAR TREK ACTOR OPENS UP ABOUT HIS SEXUALITY {page 7}



WINNIPEG metro®

Tuesday, October 18, 2011
www.metronews.ca

News worth sharing.

MADD. Memorial

▶ Justice Minister Andrew Swan, left, RCMP Cpl. Miles Hiebert, Winnipeg Coun. Devi Sharma and Mothers Against Drunk Driving Winnipeg chapter president Doug Mowbray unveil a bench at The Forks yesterday commemorating local victims of impaired driving.

JAMES TURNER/METRO

Remembering the victims

Kin blame province for man's ER death

▶ Brian Sinclair, 45, died of preventable bladder infection in 2008 at Health Sciences Centre ▶ He waited 34 hours before being seen

The family of a homeless man who died waiting in a hospital ER says the Manitoba government is partly to blame because it allowed the emergency department to operate knowing it was dangerous.

Brian Sinclair's relatives allege in amended court documents that the province allowed the ER to operate even though it constituted a "public nuisance" and was "injurious to public health."

The claims are part of a lawsuit against the Winnipeg Regional Health Authority, the government of Manitoba and 13 other people filed last year.

Security tape showed Sinclair, a double amputee, went to the triage desk and spoke to an aide before wheeling himself into the waiting room. Some 33 hours later, someone in the waiting room approached a security guard saying they believed Sinclair was dead.

He was rushed into the treatment area where emergency staff tried unsuccessfully to revive him.

"It was reasonably foreseeable that the government of Manitoba's actions or inactions could imperil the health of vulnerable members of the public seeking emergency health care, potentially fatally so." COURT STATEMENT BY BRIAN SINCLAIR'S FAMILY

An inquest was called into his death but it has been delayed by court action and a criminal investigation.

The Manitoba government knew the emergency room didn't meet the needs of "vulnerable aboriginal persons" but failed "to take proper steps to abate the risk," the amended statement of claim alleges.

The province has not filed a statement of defence and none of the allegations has been proven in court.

Vilko Zbogar, the Sinclair family's lawyer, said he believes this is the first time a Canadian court will be asked to consider whether a government's health-care management could constitute what the claim alleges is a "public nuisance." Normally such a legal term would be used in cases where the province neglected to remove rocks from a roadway or didn't maintain proper signage, he explained.

"We think clearly the law of public nuisance applies here and ... much more accurately describes the wrongdoing that's alleged against the government," Zbogar said.

"The underlying allegations haven't changed."

The Sinclair family is patiently waiting for the truth to come out, he added.

"The family's objective has never wavered. Immediately after the death of Brian Sinclair, they said, 'We don't want Brian Sinclair's death to be in vain.'"

THE CANADIAN PRESS

SOUTHERN BBQ PULLED PORK

Quiznos

$2 OFF any large sub – OR – $1 OFF any reg. sub

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUB 1246

50% OFF ANY SUB with the purchase of a regular fountain drink

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUB 8030

BUY 1, GET 1 FREE of equal or lesser value with the purchase of 2 regular fountain drinks

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUB 8010

1 news

A new study argues in favour of a distinction between regular teenage shyness and a crippling social disorder. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Months after their reserve flooded, hundreds of evacuees from a Manitoba First Nation are still unable to return to their homes and Canada's national chief says living in limbo is taking a toll. See full story at www.metronews.ca/winnipeg

Follow us on Twitter @metrowinnipeg

Man dies trying to avoid skunk

A Winnipeg man is dead after he rolled his car trying to avoid a skunk.

RCMP said the man, 59, and his wife were travelling eastbound on a provincial road in the Rural Municipality of Lac du Bonnet Sunday at about 7 p.m.

The driver lost control of his SUV after swerving to avoid the animal on the road. He was pronounced dead at the scene. His wife, in the passenger seat, was taken to hospital with minor injuries and released.

Both were wearing seatbelts. The deceased man's name will not be released.

ELISHA DACEY

JENNA CUMBERS/FOR METRO

▶ Premier Greg Selinger

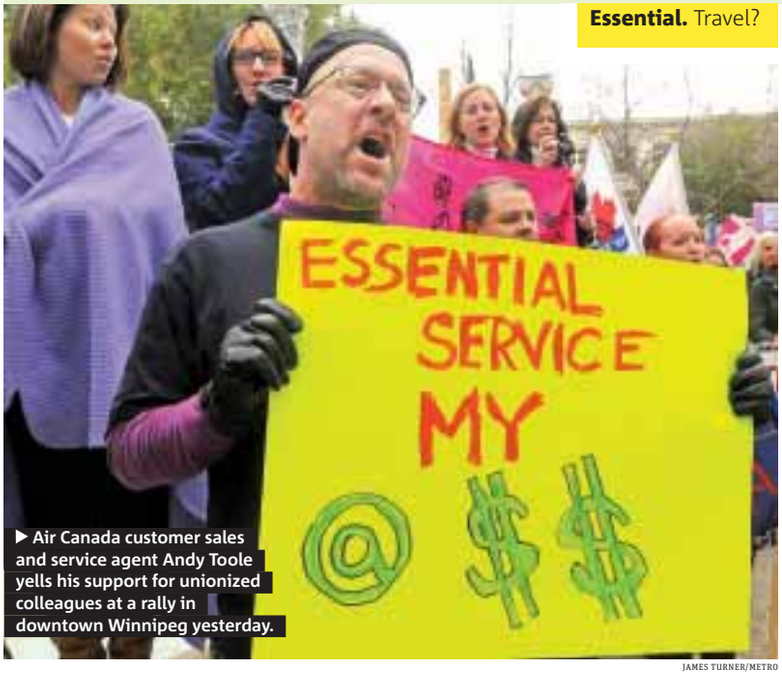
MLAs back to work

Manitoba MLAs resume sitting Thursday morning, marking the full return to government business following the recent provincial election.

It will be a short sitting — Premier Greg Selinger said the house is expected to adjourn on Nov. 1.

MLAs will be sworn in tomorrow. METRO

Essential. Travel?



▶ Air Canada customer sales and service agent Andy Toole yells his support for unionized colleagues at a rally in downtown Winnipeg yesterday.

JAMES TURNER/METRO

Airline union in a huff over grounded walkout

The Canadian Union of Public Employees, which represents Air Canada flight attendants, is accusing the federal labour minister of impeding the rights of workers to strike by blocking a planned walkout. The union is pressing the Canada Industrial Relations Board to let bargaining between Air Canada and the attendants continue without government intervention.

Former Jets recharge at battery recycle call

Find a place to recycle your old batteries at call2recycle.ca

ELISHA DACEY
@METRONEWS.CA

Don't know where to take your old batteries once they're done? Try the library.

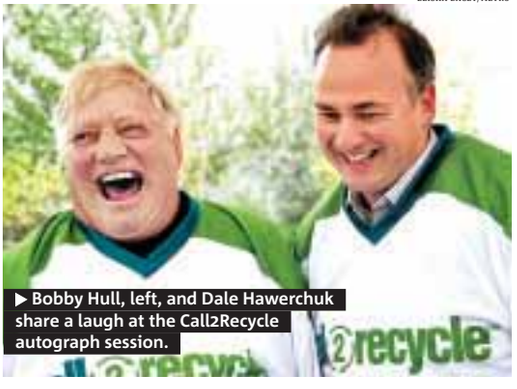
Former Winnipeg Jets Dale Hawerchuk and Bobby Hull stood in the whipping wind near Portage and Main yesterday to put a face to the province's Call2Recycle program.

The program, launched earlier this year, features numerous recycling stations in various private and public buildings that allows people to dispose of their smaller household batteries and cellphones for free.

Anyone who brought an old battery to be recycled to 201 Portage Avenue yesterday received an autographed photo from one of the former Jets.

For more information or to find a place to recycle your batteries, visit call2recycle.ca.

ELISHA DACEY/METRO



▶ Bobby Hull, left, and Dale Hawerchuk share a laugh at the Call2Recycle autograph session.

Foster care reduces suicide risk for dependants: Study

A new study by the University of Manitoba shows that children and teens who enter the foster system are at a lower risk of attempting suicide.

The study, authored by Dr. Laurence Katz of the Faculty of Medicine, shows that while young people who are in the child welfare system are at a higher risk of attempted suicide compared with the general population, research shows that rates are higher before they enter care, then begin to decline.

Researchers conducted a study of 8,279 children between 5 and 17 years of age in care in Manitoba between 1997 and 2006, comparing the rates with 353,050 children not in care.

Children in care were more than twice as likely to attempt suicide than those not in care, but the rates declined as they stayed in foster care, said Dr. Katz.

ELISHA DACEY

News in brief

Chiefs to boycott airline

The Assembly of Manitoba Chiefs have decided to boycott Air Canada for six months.

The AMC ordered the boycott after they say Air Canada failed to respond to a letter in which they requested an apology from the airline for an internal memo that connected an increase in crime in Winnipeg with evacuees from this year's flood.

"Not only did we not get an apology," said AMC Grand Chief Derek Nepinak, "we did not get a response from the person to whom the letter was addressed.

"That is completely unacceptable, particularly in light of the fact that Air Canada's careless remarks have incited hatred in the popular media against our people." METRO

Hairy pressure on Harper

Ottawa broadcasting students post YouTube video calling for PM to support Movember campaign ◐ Canadians raised $22.3 million last year

JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

CKDJ 107.9/FOR METRO

▶ This promo poster shows the PM with a fake moustache.

The student-run radio station at Ottawa's Algonquin College is trying to convince Prime Minister Stephen Harper for a second time to grow a moustache in support of next month's Movember campaign.

The station might have to up the ante, though, after a government spokesperson said Harper's upper lip will stay bare this November.

"While the prime minister will not be growing a moustache this year, he does wish the organizers of this year's campaign every success in raising money and in increasing awareness of prostate cancer," read an email statement from Andrew MacDougall, the Prime Minister's Office associate director of communications.

CKDJ 107.9 program manager Ryan Gibson is confident he'll gather the 10,000 signatures he is seeking to convince the prime minister otherwise.

"I'll keep pushing for him to grow one until the end," said Gibson, who is also a radio broadcasting student. "He takes his role as a politician quite seriously, and I think, just for bringing attention to November, there's no other high profile person in the country than the prime minister."

The station tried the same campaign last year, but was unsuccessful. Money raised from the Canada-wide campaign will go to Prostate Cancer Canada.

Gibson's uncle's battle with prostate cancer is one of his motivations for restarting the campaign.

Last November, a number of MPs grew moustaches in support of the Canadian campaign, including Liberal Justin Trudeau and New Democrat Peter Stoffer.

Gibson said people can sign his petition, which is available at facebook.com/ckdjmovember.

BRA Day to support breast cancer survivors

The very first BRA Day (Breast Reconstruction Awareness Day), takes place across the country tomorrow.

Led by reconstructive surgeons and key stakeholder groups, BRA day is intended to educate and promote awareness and access for post-mastectomy breast reconstruction via community-based events and a new online resource — bra-day.com.

"When I realized that I was going to have to undergo mastectomy, my attentions were focused on both my health and on my recovery following surgery," said breast cancer survivor Jodi Brown.

"I think it is important for every woman diagnosed with breast cancer to know her options early on and know that, after the emotional and physical hurdles, you can get back to being yourself."

In 2010, nearly 45,000 mastectomies were performed on breast cancer survivors in Canada.

"Reconstructive surgery restored my self-esteem and made me feel complete again."
JODI BROWN, BREAST CANCER SURVIVOR

About 92 per cent of those did not pursue breast reconstruction, despite the myriad of options available as an insured medical service in Canada.

"A staggering number of women don't pursue reconstruction and the main reasons are lack of awareness and the reality that in a fight against cancer, the quest for survival overshadows the esthetic aspect of recovery," said Dr. Mitchell Brown, plastic surgeon and founder of BRA day.

For more information on the event, visit bra-day.com/events.php.

METRO

MATT DUNHAM/THE ASSOCIATED PRESS

Global 'Occupy' protests digging in

▶ A businessman sticks his tongue out in jest as he walks past tents erected by protesters from the Occupy London Stock Exchange group outside St Paul's Cathedral. Protesters in cities across the globe have taken part in rallies inspired by the Occupy Wall Street demonstrations in the United States, expressing their frustration at social inequality and corporate greed.

Momentum for the movement

NEW YORK. The month-old Occupy Wall Street movement enjoyed its new momentum yesterday. U.N. Secretary-General Ban Ki-moon expressed sympathy with the protesters, and even protest-averse China said some issues raised are worth considering.

THE ASSOCIATED PRESS

Occupy protests head to court

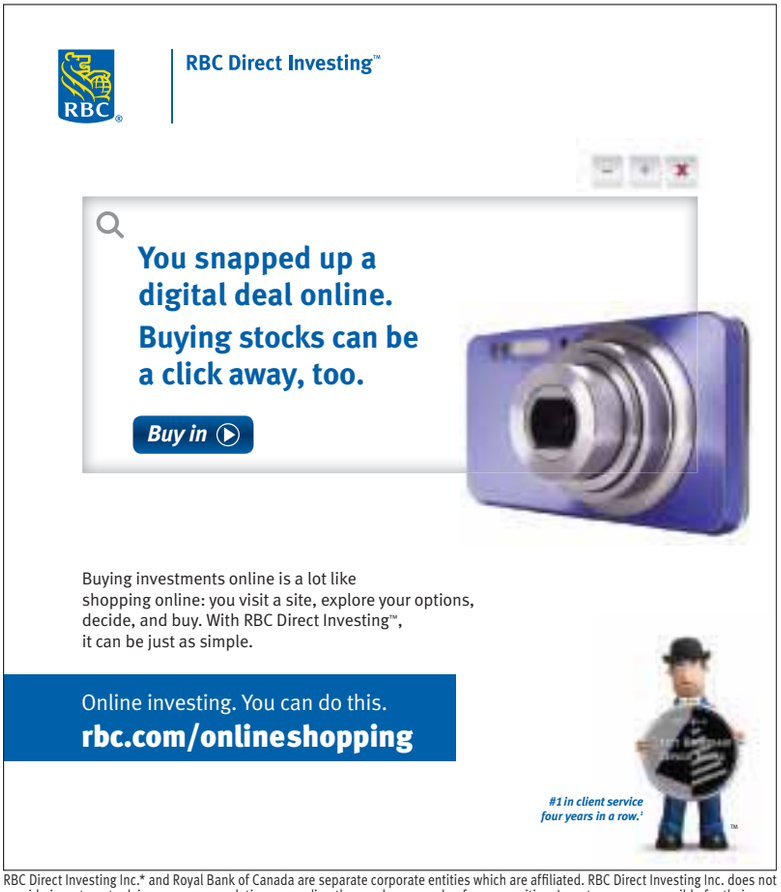
UNITED STATES. Around the U.S., more than 350 people were arrested in a half-dozen cities during last weekend's protests. Also yesterday, civil rights activist Cornel West was scheduled to appear in court in Washington after being arrested Sunday.

THE ASSOCIATED PRESS

'Big splash' a financial flop

TORONTO. A call to make a "big splash" in the heart of Canada's financial district as the workweek began caused barely a ripple yesterday, but unfazed Occupy Bay Street protesters pledged to press their condemnation of the country's economic system.

THE CANADIAN PRESS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You snapped up a digital deal online.
Buying stocks can be a click away, too.
Buy in
Buying investments online is a lot like shopping online: you visit a site, explore your options, decide, and buy. With RBC Direct Investing™, it can be just as simple.
Online investing. You can do this.
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LIES MY TV TOLD ME

SHE SAYS ...

JESSICA NAPIER
METRO

I grew up on a steady diet of sitcoms. Before the days of Angry Birds and social networking, I turned to cable television for my nightly fix of mindless entertainment. And even though the programs were fictional, the zany antics of attractive ensemble casts started seeming pretty plausible after the second or third rerun.

Here are seven sitcom myths I had to unlearn once I realized that real life isn't an after school special.

1. Having a career is just a plot device. Real people have jobs. You don't spend hours sipping cappuccinos and discussing your on-again, off-again love affairs in the middle of the afternoon; you actually have to work if you want to earn a living. Also, it's important to note that days at a real-life office aren't spent pranking each other with stationery in Jello moulds.

2. CHEERS: Where everybody knows your name. Your buddies don't hang out at one specific diner/coffee shop/bar all the time. Your social circle will be scattered across the city (or country) and you will rarely bump into your friends by chance. That's what Foursquare is for.

"Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore."

3. Everything you say is funny. Unlike situation comedies, your life doesn't come with a laugh track. If you make a bad joke, there is no guaranteed guffawing to validate you. In trying to come to terms with this, you may develop a nervous habit of chuckling after almost everything you say in an attempt encourage others to do the same. Or maybe that's just me? OK — moving on.

4. Everybody is attractive. Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore.

5. Ex-lovers only reappear in re-runs. Your ex-boyfriend is not a hunky guest star that disappears after a four-episode arc. You'll inevitably run into him, probably when you're on your way home from the gym or sick with a head cold.

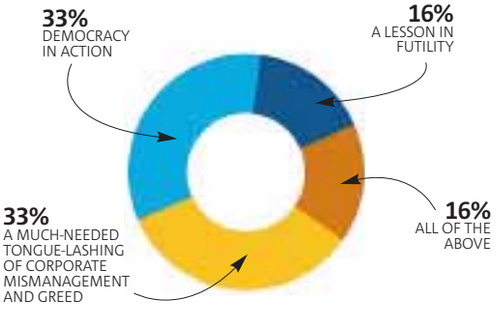
6. Have you seen my awesome apartment? Twenty-somethings don't shack up with astonishingly attractive roommates in impossibly expensive 2,000-square-foot industrial lofts. It's more likely that you'll end up living in a modest rental unit with your parents' old furniture and a mouse problem.

7. Being single is the best! Singledom is hardly a slew of comical encounters with eccentric yet loveable characters; most first dates are awkward and entirely underwhelming — hilarity does not ensue. There are also plenty of lonely, miserable nights; they just don't show that on TV.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

The Occupy Wall Street protests are:



Local tweets

- **@DJChapko:** Meal plan: Hot dog and poutine. I know not the healthiest but I'm very excited. #mealplan
- **@Sara_Castagna:** To the girl with brown hair wearing one platinum blonde extension... Why?
- **@miguelcarrasco:** PS: If your stuck in an elevator, dont tweet people, nobody will help you. lol.
- **@mitchjanzen:** Off to work Game 4. If this were this playoffs, this is do or die. Hopefully the Jets have that mindset for todays game! #GoJetsGo
- **@JosephShabbadoo:** @bigteecee Anybody who thought Winnipeg was going to be anything better than mediocre this year is an idiot.
- **@AphidHero:** Actually using a VCR to watch an old sewer video. So painful. To think this state of the art at one time #ouch
- **@TheOnion:** Citizens Of Winnipeg Realize They Hate Hockey Now http://t.co/P4HPDCM4

Letters

The 99 per cent that Occupiers represent are demanding change and are gaining supporters from all walks of life.

In the past, the North American and European economies were dependent on an automobile sector, decent wages and population growth. Not to mention a need for consumers to keep on spending to keep the economy going. What is happening now is literally the opposite.

The gap between the rich and the poor is increasing dramatically.

The population is aging and there are less working people to support the government and society. Corporations are outsourcing jobs to countries like China and India. There are less decent-paid jobs now and unemployment is increasing. The people are no longer earning $30.00 per hour unless you work for the government. This is reducing consumer spending, saving, and increasing debt. The population is basically scrambling for minimum-wage jobs.

Occupy Wall Street is an interesting phenomenon because it reflects this anxiety.

ALEX SANGHA
DELTA, B.C.

photo of the day

▶ This photo titled A Still More Glorious Dawn Awaits was submitted to the Imagination category by vanessapaxton from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

'Excuse me officer, I was driving good'

Police say a Detroit-area man had his nine-year-old daughter drive him to the store because he had apparently been drinking.

Brownstown Township Detective Lt. Robert Grant said yesterday the girl was sitting behind the wheel in a child's booster seat before 3 a.m. on Oct. 8 when an officer opened the driver's side door of the full-sized panel van her father uses for work.

Grant tells the Detroit Free Press newspaper the girl said to the officer: "What did you stop me for? I was driving good."

Someone called police after spotting the pair stopped at a gas station. The caller watched the girl get in the driver's seat and pull the vehicle onto the road.

"She's driving pretty good, I'm telling ya. I can't believe it," the man told the dispatcher.

The father was arrested and is facing several charges, including second-degree child abuse.

The daughter told officers her father had been drinking whiskey all night and took her out to drive."Very sweet, intelligent little girl," Grant said. THE ASSOCIATED PRESS

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News in brief

Record sales for iPhone 4S

MODEL. Apple says it sold more than four million units of the new iPhone model in three days. It's selling more than twice as fast as the previous model when it launched last year.

Apple Inc. and its phone company partners started selling the iPhone 4S on Friday in the U.S., Australia, Canada, France, Germany, Japan and Britain. That's two more launch countries than last year.

▶ A customer shows his iPhone 4S.

There are also more phone companies selling the phone. In the U.S., Sprint Nextel Corp. is the new carrier.

When Apple launched the iPhone 4 last year, it sold 1.7 million in the first three days.

Apple shares fell $3 to $419 in afternoon trading at a new high of $426.70 earlier in the session.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
- 158.7 (11,923.04)	- 1.12¢ (97.84¢ US)	- $0.42 US ($86.38 US)	$3.688 (- $0.15)	$1,676.60 (- $6.40)

Free apps at what cost?

RIM does not know financial impact of global outage
Company could lose about $26 million: Analyst

SCOTT OLSON/GETTY IMAGES

▶ A BlackBerry is shown last Wednesday in Chicago.

The co-CEO of Research In Motion says the BlackBerry maker doesn't know yet what the final price tag will be for last week's global email, text and Internet outage.

Jim Balsillie says the Waterloo, Ont., company hasn't calculated the cost of offering BlackBerry users $100 in free apps and doesn't know yet how it will impact its earnings.

One analyst has estimated that if RIM were to compensate all carriers and customers for the down time of the BlackBerry network, its earnings would be negatively affected by three to five cents per share in the current quarter — a total of about $26 million.

Balsillie also says that so far wireless carriers have not asked him for compensation for the outage, which affected areas such as Europe, Africa, the Middle East and North America for varying lengths of time.

He says the free apps to consumers actually cost $5, $10 and $15. Balsillie defended how RIM communicated the outage to the public, saying every minute doing public relations is time not spent fixing the problem. THE CANADIAN PRESS

Free apps

Available tomorrow to make up for global outage.

- iSpeech Translator Pro: speech-recognition technology converts words, spoken or typed into the phone, into multiple languages.
- Drive Safely Enterprise: reads text and email messages aloud.
- Nobex Radio: streams AM, FM and Internet stations.
- Shazam Encore: premium version of song-recognition program displays lyrics with music.
- Vlingo Plus: Virtual Assistant: voice recognition allows users to text, update Facebook and other tasks.
- Photo Editor Ultimate: allows photo editing on the BlackBerry.
- Games: SIMS 3, Bejeweled, N.O.V.A., Texas Hold 'em Poker 2, Bubble Bash 2.

Canadian Wheat Board monopoly under threat

Legislation that will allow the federal government to wipe out the monopoly of the Canadian Wheat Board is to be introduced today, but the board says it won't go down without a fight.

Agriculture Minister Gerry Ritz said yesterday that the bill, long promised by the Conservatives, will be passed through the House of Commons before the end of the year. Timing was about the only concrete thing he offered at the announcement on a farm near Acme, Alta.

He repeated the government's mantra that dismantling the monopoly is all about free choice and will be good for farmers.

"This is not over. We cannot in good conscience give up the fight."
ALLEN OBERG
WHEAT BOARD CHAIRMAN

"The Canadian Wheat Board monopoly, born in different times to meet different needs, has cast a chill on key parts of the grain sector in Western Canada," the minister said.

Ritz pointed to a recently announced pasta plant in Regina as an example of the kind of value-added business that the wheat board stifled in the past.

Wheat board chairman Allen Oberg responded with a renewed declaration of war. "We believe the government's actions are illegal, that the act clearly states that this government has to hold its own plebiscite and consult with farmers before making changes, and that's why we intend to put this issue before the courts," he said.

It's expected the new legislation will remove the requirement for a plebiscite.

A group called Friends of The Canadian Wheat Board has already gone to federal court asking for a judicial review of the government's plan.

For about 60 years, the board has had a monopoly over exports and domestic sales for human consumption of western wheat and barley. THE CANADIAN PRESS

Tim's adds pasta to go

Tim Hortons is making room beside coffee, doughnuts and sandwiches on its menu for lasagna.

The restaurant chain says it will unveil the new pasta-to-go option with a beef lasagna casserole bowl starting Monday.

The move comes as Tim Hortons broadens its lunch menu in an attempt to keep customers from choosing competitors.

McDonald's has recently begun serving a broad selection of coffees alongside its regular menu while Starbucks offers an array of sandwiches and lunch packs.

Tim Hortons says the new product is intended to complement its hot soups and chili.

THE CANADIAN PRESS

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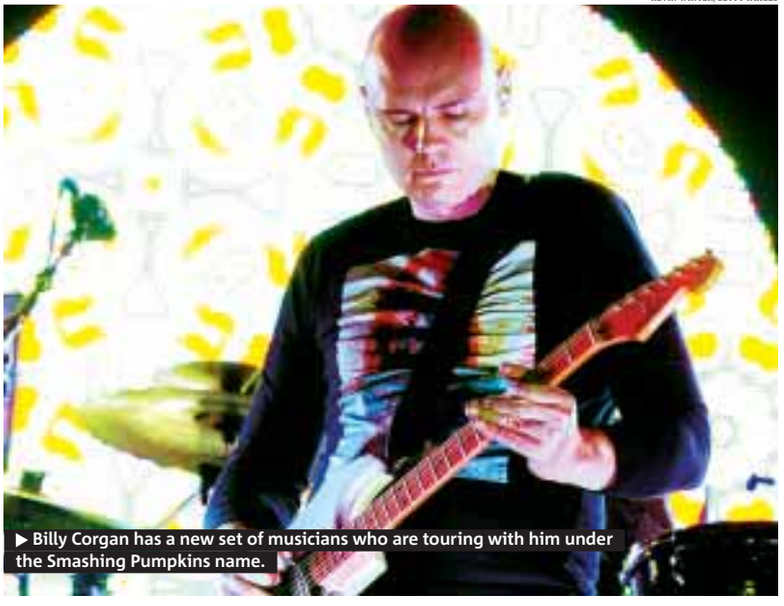
2 scene

Smashing the past

Billy Corgan talks new tour and his desire to bring the Smashing Pumpkins into the present

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

KEVIN WINTER/GETTY IMAGES



▶ Billy Corgan has a new set of musicians who are touring with him under the Smashing Pumpkins name.

Billy Corgan is one of the titans of the '90s alternative rock scene. He's a polarizing figure in some circles, having issued a few controversial remarks in the past regarding his ex-band mates, with whom he no longer tours. But with a new set of musicians touring under the Smashing Pumpkins name, Corgan wants to bring the band into the present with his latest tour.

Does the music you write under the Smashing Pumpkins name differ from material you've written as Zwan or your self-titled work?
It's weird because the whole idea with the Pumpkins originally that evolved in the early days was more that it was supposed to be kind of an experimental excitement kind of thing whereas away from the Pumpkins, I tend to write a little bit more traditional music. [It's] probably a little more obvious in a way. For whatever reason, the Smashing Pumpkins, the idea of the band or the spirit of the band, has always pushed me to force myself out of my comfort zone. If it's just me, Billy Corgan, I guess I want to try different things. There's something about the way the band was formed as being in awe of rock 'n' roll but also wanting to destroy rock 'n' roll. That spirit still pervades everything that goes on with the Pumpkins. Somehow that only seems to exist under that banner.

So then, how does one destroy rock 'n' roll?
Maybe it's different now, but let's say 20 years ago there was sort of an unwritten rule that you don't talk about how fake rock 'n' roll really was. If you saw this interview with Iggy Pop and he was talking about these amazing books he was reading, people would scratch their heads and say, 'I thought he was kind of stupid and rolled around in glass.' They would be disappointed. So the Pumpkins came along and were willing to poke holes, particularly in the indie alternative world, in the facetiousness of the whole thing, this idea that we were all living in vans down by the river. It was this kind of fantasy that musicians were a subterranean class, were able to create works of incredible beauty or something. So we were just like, oh f— all that.

Where do you see innovation happening in music?
Honestly, I think in terms of predicting something, the future of rock 'n' roll is probably in mixed media. Because it always starts in the basement with a 16-year-old. What can she do to actually change rock 'n' roll? Maybe she figures out a very cheap, easy but creative way of combining moving image, a personal vision, and music. So imagine like, a 16-year-old girl puts out a 20 minute film that she did on her own of moving images, songs that she created and suddenly, a million teenage boys and girls connect to what she's doing, not just because of the song, but also the way she's cut the music and the sound effects, like a personal statement of her world but more three dimensional than say just music is.
I think that's the future of rock 'n' roll.

In going into your back catalog as you kind of have to, are there any songs that you love playing again and are there songs you'd never play again?
Honestly, every time I tour, I look at the whole list and I go with what I feel. Songs we're playing on this tour, some songs I haven't played in like 17 years.

Scene in brief

Opera star Measha Brueggergosman and songwriter Stephan Moccio will join Martin Short on the Canada's Got Talent judging panel. Citytv also announced that Toronto TV personality Dina Pugliese will host the show. Brueggergosman is a Juno-winning soprano. Moccio is known for writing the song I Believe for the Vancouver 2010 Olympics.
THE CANADIAN PRESS

E! News' host Giuliana Rancic says she has been diagnosed with breast cancer.

DVD Releases

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Green Lantern

Genre: Action
Director: Martin Campbell
Stars: Ryan Reynolds, Blake Lively, Peter Sarsgaard
●●

Canada's Ryan Reynolds shines dimly as the Green Lantern, the summer actioner of the same name based on the DC Comic and directed by Martin Campbell.

Reynolds is Hal Jordan, a cocky test pilot who busts up billion-dollar prototypes just for the hell of it. Oh, and to impress Carol Ferris (Blake Lively) who plays a corporate scold, frustrated pilot and Jordan's occasional bedmate.

The buffed-up Reynolds proves to be an inspired hire. His Jordan manages to keep a straight face when he meets a dying purple alien who hands him a Crackerjack toy ring and advises: "The ring chose you."

Reynolds shows promise in the role, if future installments of what's sure to be a franchise are able to scrape away some of the digital green goo that threatens to drown this film.
PETER HOWELL

Bad Teacher

Genre: Comedy
Director: Jake Kasdan
Stars: Cameron Diaz, Jason Segel, Justin Timberlake
●●

Bad Teacher instructs us that Cameron Diaz needs to return to comedy school: being pitiful isn't the same as being funny.

She plays Elizabeth, a seventh-grade English teacher at a suburban Illinois middle school. She's a free-spending floozy with a substance-abuse problem, untreated chronic depression and a near-sociopathic disregard for the needs and feelings of others, especially her students and fellow teachers. Writers Gene Stupnitsky and Lee Eisenberg (vets of TV's The Office) surround Elizabeth with one-dimensional sitcom types: a butt-covering principal (John Michael Higgins), an introvert with esteem issues (Lynn Davies), an extrovert with control issues (a game Lucy Punch) and a naïve supply teacher (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Despite the extra talent, the main comedic course load falls to Diaz, who proves unable to bear the burden under Jake Kasdan's flat direction.

It's too bad for Diaz. She badly needed a hit after recent duds like The Green Hornet and Knight and Day.
PETER HOWELL

‘We’re terrified of facing ourselves’

- Star Trek actor Zachary Quinto reveals sexuality
- Hopes to inspire others to be proud of who they are

GETTY IMAGES

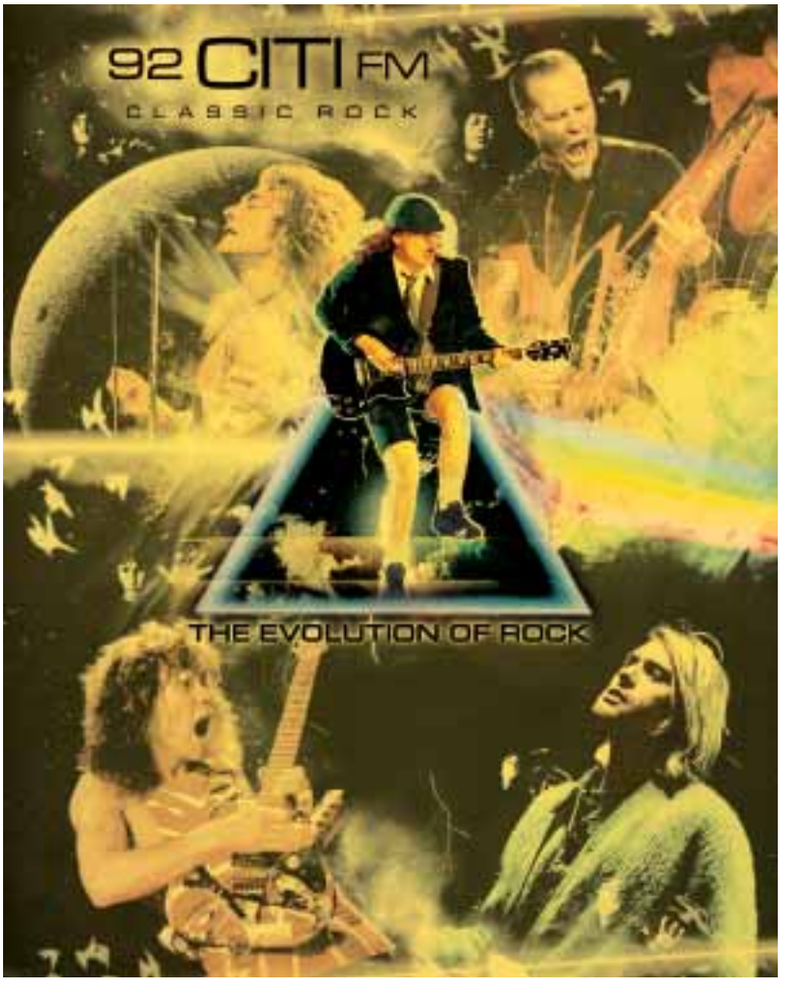
Zachary Quinto

For the first time, Zachary Quinto has opened up about being gay, explaining in an interview with New York magazine how much starring in the AIDS-themed Angels in America has affected him, calling it the “most challenging thing I’ve ever done as an actor, and the most rewarding.

At the same time, as a gay man, it made me feel like there’s still so much work to be done, and there’s still so many things that need to be looked at and addressed.”

Quinto, who had previously refrained from comment on his sexuality, says he was compelled to do so after the suicide of bullied 14-year-old Jamie Rodemeyer.

“As a gay man, I look at that and say there’s a hopelessness that surrounds it,” he says. “But as a human being I look at it and say, ‘Why? Where’s this disparity coming from, and why can’t we as a culture and society dig deeper to examine that?’ We’re terrified of facing ourselves.” METRO



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3 life

New study shows

Ten per cent of women worry more about their waistline than they do about their relationship. The survey revealed that these women admitted they felt guiltier cheating on their diet on their partner.
METRO

UK medical group rejects 1st drug to extend lives for patients with advanced skin cancer

Benefits of barefoot

Running sans shoes has been catching on more in fitness circles But there are questions about why it could be good for you Experts suggest easing into a new style to avoid injury

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Before you take on barefoot running, be sure to ease into it.

Is barefoot beautiful?

It's becoming more common to see people running with bare feet or wearing super-light shoes.

But should you toe the line?

To find out if this is a more "natural" way to run, Metro contacted Dr. Reed Ferber (PhD), director of the Running Injury Clinic and an associate professor in kinesiology at the University of Calgary.

He believes at the moment the trend is driven more by marketing than health.

"There is no research to support that running barefoot, or in a minimalist shoe, will improve performance or reduce injury risk," he says.

Given time, research might reveal benefits. Dr. Dan Lieberman in the department of human evolutionary biology at Harvard University is studying how the naked foot lands during running versus how the shod foot lands, and what impact this has on the body.

He is trying to figure out why humans apparently need fancy shoes to run when they ran without them for eons.

One theory is that some people don't need elevated and highly cushioned heels because they land on their mid-foot or forefoot rather than their heel.

Dr. Ferber estimates that less than 10 per cent of the population has the proper anatomical alignment, adequate ankle stabilizer strength, and calf muscle flexibility to run in a barefoot-style shoe.

"The rest are at risk for injury unless they transition properly," he says.

If you are interested in switching to barefoot running, Dr. Ferber recommends easing into it over four to six weeks and taking a few months to regain your pre-switch mileage.

It's also important to do gentle calf raises after running to strengthen calves, which will be impacted differently when you run barefoot.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The truth about parabens

When you see 'Paraben free' on a beauty product's label, you might assume that parabens are a bad thing.

But it's not as clear cut as that, and it's a subject that our beauty editor Rhonda Rovan explores in the October issue of Best Health.

For example, is there truth to the claims that these synthetic preservatives — which extend a product's life by stopping fungus, bacteria and other microbes from growing in creams and makeup, especially in the moist, warm environment of a bathroom — cause cancer?

What does Health Canada say?

In products without parabens as a preservative, the replacement is often another chemical preservative, called phenoxyethanol.

Is it better and safer?

And what about natural preservatives like turmeric, clove bud, rosemary, etc; are they effective, and are they a practical solution?

It's a fascinating subject, because without preservatives, we may all end up with refrigerators in our bathrooms that store our products so they don't spoil. The answers to the above questions, and much more, are in Rhonda's hefty feature in the Look Great section of the October issue, which is on newsstands now.

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Deseo's triumphant return

A water main break caused this restaurant to be shut down It's back in a new location with a menu of delicious Spanish & Latin influenced dishes

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN

▶ Beet salad and chicken albondigas.

The rebirth of Deseo Bistro is cause for celebration. After being forced to close in the Exchange District due to a water main break, this Deseo is sexier, classier and the food is just as good.

Two levels with very different but equally tasteful décor welcome guests and make you feel right at home. The Spanish and Latin influenced menu has many of the same favourites as the original location. The Spanish Mac & Cheese ($14) is still there with manchego cheese, smoked paprika and a sprinkling of chorizo.

I can not get enough of the Beet Salad ($11). A generous serving of beet wedges, queso grande, pistachio and apple vinaigrette. Paired with the Chicken Albondigas ($10), the flavourful chicken meatballs round out a perfect lunch.

The menu is divided into small plates and larger mains designed for sharing. The service is perfect and friendly. Welcome back, Deseo. You've been missed.

Deseo Bistro
696 Osborne St.
452-2561
deseobistro.com
Social lunch: Yes
Price range: $3 - $20
Rating: 5 out of 5

MATTHEW MEAD/ THE ASSOCIATED PRESS

Chokladboll (Scandinavian treat)

Preparation:

1. In bowl of food processor, pulse oats, sugar and cocoa powder to combine. Add vanilla and butter and pulse again, to mix. Add coffee and pulse until mix has come together. Remove blade and give mix a stir. Refrigerate for 1 hour.
2. Place coconut in a shallow dish, such as a pie tin. Roll chocolate-oat mixture into 3-cm (1 1/4-inch) balls, then roll each in the coconut. Refrigerate in an airtight container.

THE ASSOCIATED PRESS/ ALISON LADMAN

Ingredients:

- 875 ml (3 1/2 cups) quick oats
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) cocoa powder
- 5 ml (1 tsp) vanilla
- 150 ml (10 tbsp) butter, room temperature
- 125 ml (1/2 cup) cold coffee
- Shredded coconut

HOW TO DEAL WITH INAPPROPRIATE CONVERSATION

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

What do I do in situations where, in a social group, somebody starts to say something totally inappropriate for the situation and I need to interrupt the speech, and talk about something more neutral. Or somebody asks questions I do not wish to answer. In both cases I need to be very polite but do not know what to do or say. Please help. Elizabeth

ISTOCK

▶ Speak up. Don't be silent.

Dear Elizabeth,

It can be very uncomfortable when you are with a group of people and someone begins to say or ask inappropriate topics of conversation.

First, try to draw as little attention to the matter as possible. I would say nothing and as soon as the person is finished talking, I would immediately go back to the conversation at hand.

If this person continues to say things publicly that make you uncomfortable, your best bet is to speak with this person privately and mention that these questions they ask make you uncomfortable and could they please respect your privacy and not ask such things.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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WHAT'S THE BOTTOM LINE ON MORTGAGE BROKERS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

There are over 400 types of mortgage products on the market and it's hard to know whether you're selecting the right one. That's why Canadians are using independent mortgage brokers at an alarming rate because mortgage brokers can save you time and money!

An independent mortgage broker isn't tied to any financial institution and instead works on behalf of you, the client, rather than the lender. Because they are not employees of a lending institution, mortgage brokers are not limited in the product they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies, or insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

Mortgage brokers can get better deals on mortgages, terms and rates because they have direct access to lenders. Once you've met with one, they'll prepare a funding proposal and shop it around to get the best and most appropriate mortgage options.

Brokers with strong networks can often get nearly instant approvals and they can negotiate better rates and terms on your behalf.

In the vast majority of cases, clients don't have to pay for the services of a mortgage broker. Instead, when the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender. Their paycheque is based on the size of the mortgage, not the rate.

Major financial institutions have groups of in-house "mortgage brokers". But they're different from independent brokers as they sell clients mortgage products that are exclusive to the bank. If you're keen to stay loyal to your bank, you can ask your independent mortgage broker to negotiate specifically with your financial institution.

Be careful who you choose to work with. Not all brokers are great and have their client's best interests in mind. Get referrals from trusted friends or family members. Research current rates and structures in advance of meeting with a broker. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

Be a money-smart mama

Whether you're single or partnered, you need a plan

Among the 2,115 Canadians who participated in the 2011 Desjardins Financial Security Health Survey, 67 per cent said that an illness would make them financially vulnerable. Another 77 per cent who live with children were afraid that they would use up their savings during recovery, leaving no money for their children's education.

"What's interesting is that women today are able to assert their independence by their lifestyle and career choices, but many still find financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position."

ISTOCK

▶ Financial preparedness is essential for mothers.

Every working mother with dependants should have a financial safety plan that includes three distinct layers, says Leslie.

1. Disability insurance: It's a valuable, must-have protection that pays a regular benefit based on the person's monthly salary, which can be used to cover every-day financial commitments.

2. Extended medical insurance: Even with the protection of disability insurance, many women are not able to pay for all of the drugs and treatments associated with a serious illness. And it's important to point out that they also may not be covered by their provincial health care system.

3. Critical illness insurance: It provides a substantial lump-sum payment tax-free, which can be used for anything. For example, even the minimum benefit of $25,000 would let someone make a year's worth of mortgage payments or travel abroad for medical treatments. **NEWS CANADA**

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POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
Make the cost of raising a family less taxing.

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‘UNBELIEVABLE FOOD’ AT BROOKLYNN’S BISTRO

“Boston Pizza prices with unbelievable food.” That’s how owner Sam Colosimo describes his homestyle-turned-contemporary Italian food restaurant Brooklynn’s Bistro, found in the Winnipeg Exchange district.

For Colosimo, it’s a dream come true to open a restaurant and catering business such as this. “I grew up with a big Italian family,” he says. “My vision was to have customers eat how I grew up: eating Southern Italian food. But then I give it a contemporary style too — I added the steaks, the lambs, the different kind of fishes and other seafood too to give people some options.”

Brooklyn’s also features a popular wood-burning pizza oven to bake up tasty pizzas including “The Colosimo” (featuring a combination of capicollo, roasted red peppers, tomato sauce, fresh basil and of course mozzarella). “That’s one of the main dishes to try,” notes Colosimo.

BY THE NUMBERS

Opened: five months ago (since May 2011)
Seating: 100 people in the restaurant/150 in the accompanying lounge
Price range of dishes: $10-$14 (appetizers); $13-$28 (mains); $6-$9 (desserts)
Hours: Lunch: Mon.-Fri. (11:30 a.m.-2 p.m.); Dinner: Tues.-Thurs. (5 p.m.-9 p.m.); Fri.- Sat. (5 p.m.-10 p.m.)

COSTUMES GALORE AT PARTY STUFF

Feel like being Firework Katy Perry for Halloween? Or maybe Charlie “Winning!” Sheen? Perhaps you’ve got your eye on Nicki Minaj’s fluorescent pink hair to sport to a party. “Costumes and wigs that evoke pop stars and celebrities — alive or dead — are the biggest hit this season,” says Jonathan Glass, operator of Party Stuff. His store, Party Stuff & U-Rent-It, is offering costumes such as these as well as Lady Gaga, Amy Winehouse, Michael Jackson and more for everyone’s favourite costume event of the year. Not sure if Party Stuff has what you’re looking for? Have a look amongst the some 500 costumes shown on the company’s website, partystuff.ca.

Along with finding costumes at its two existing locations, its newest store on Kenaston’s Boulevard, Party Stuff is also home to many costumes, including a selection of clearance costumes, many available for less than $25.

Looking to round out your Hallow’s Eve event? Dress up your digs frightfully with a wide assortment of accessories including spider webs, fake spider webs, eerie-looking skeletons and more.

STRUT YOUR STUFF TO WIN

Looking to really show off your Halloween costume? Enter Party Stuff’s Facebook contest, where the store is running “Winnipeg’s Best Halloween Costume Ever” contest. “The contest winner is the person with the highest number of votes and they win a costume-a-year for the next 10 years,” says Party Stuff owner Jonathan Glass. Find out more at facebook.com/partystuff.

415-4112

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Lunch: Monday - Friday (11:30am-2pm)
Dinner: Tuesday - Thursday (5pm-9pm)
Friday - Saturday (5pm - 2am)

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www.brooklynnsbistro.ca

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STOCKBYTE/THINKSTOCK

BMO CONSIDERS BOTH PERSONAL AND PROFESSIONAL LIVES

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For too long, banks have treated small business owners as though their personal and professional lives were separate. But one happens to impact the other. And that's why BMO considers both before offering you banking solutions.

Here's one example of how we do it.

JAMES: I run a business as an electrician. Things were OK when I started out, but then the recession hit. All of a sudden, my customers couldn't make their payments on time.

I started working longer hours, which hurt my family. I began to realize how much balance my wife and children brought to my life — the less I saw them, the worse my situation felt.

Business kept going south. I considered relaxing my repayment terms (giving customers 60 or 90 days to pay me back, instead of 30), but that wouldn't have solved my cash-flow problem. So I started looking for new customers in a down market.

The more hours I spent doing that, the fewer I spent at home.

I needed help.

JOE COLLURA, BMO SMALL BUSINESS AREA MANAGER: I remember James. We had a long conversation.

He did most of the talking. He told me about his business and how much it meant to him.

He explained the solutions he'd tried, which weren't working.

When he'd finished, I asked him how all this affected him personally. James was surprised by that. I explained to him that at BMO, we look for solutions that solve problems at home, as well as on the job. They aren't really separate.

That got him talking a lot more. And it gave me an idea.

James had never before operated on credit. He never thought to ask for it. So I convinced him to fund his business through a Small Business Line of Credit. This allowed him to meet his financial obligations and cover any temporary shortfalls of cash. It also made his hours more predictable, letting him get home to his family in good time. Six months later, his business had turned around.

CELEBRATE SMALL BUSINESS WEEK

BMO is celebrating Small Business Week 2011, and you're invited to the party. This week, more than 400 participating BMO branches will be hosting their own Biz Cafés: Local events across the country to thank small business owners (like you) for their achievements. It's an opportunity to celebrate with the experts who can help owners grow their business.

BMO Biz Cafés will be popping up across Canada.

To find the one nearest you, visit bmo.com/smallbizweek.

CONNECT WITH PEOPLE IN THE KNOW THROUGH BMO

As a small business owner, you're part of a community. But it's bigger than the neighbourhood you live and work in. There's also a whole online world — where business people like you can meet, network and exchange ideas with experts in a range of fields. That is, if you can find them.

BMO aims to put you in touch. The new BMO SmartSteps for Business Online Community is your chance to connect with people in the know on subjects that matter to you. Comment on their daily blog posts, even if you disagree; engage them in dialogue through BMO.

Of course, you probably have a large network of contacts already. So grow it further by engaging your fellow entrepreneurs online in this eCommunity. Instantly share the posts you like best by clicking icons for Facebook, Twitter, RSS feeds and email in the top right corner of each page. Continue to discuss and debate in the comments section of each post. Read the latest feedback on Twitter by following @BMOsmb.

ISTOCKPHOTO/THINKSTOCK

The eCommunity is there when you need it most. Download Business Coach Podcasts and listen to them in your free time. Review older blog entries, archived and searchable under topics like Daily Operations, Marketing, and Managing Cash. If you're unsure of where to begin (or if you're just really busy), focus on the posts your fellow entrepreneurs have found most useful — you are encouraged to rate posts from one to five stars. The website also lists the most-read posts right on the main page. In this way, eCommunity members help one another.

Joining the BMO SmartSteps for Business Online Community doesn't just get you great resources — it makes you a great resource yourself. Visit bmo.com/smartbusinessowners today to get connected.

KEEP YOUR FINANCES ON TRACK

Everyone needs a checkup once in awhile. The same is true for your small business. With the BMO SmartSteps for Business online assessment tool, you've got an easy way to keep your finances on track.

The assessment tool guides you through a series of questions that can be completed in minutes. When you are done, it provides you with a free, customized Action Plan, filled with valuable tips on how to save time and money — and maximize profits — for your small business.

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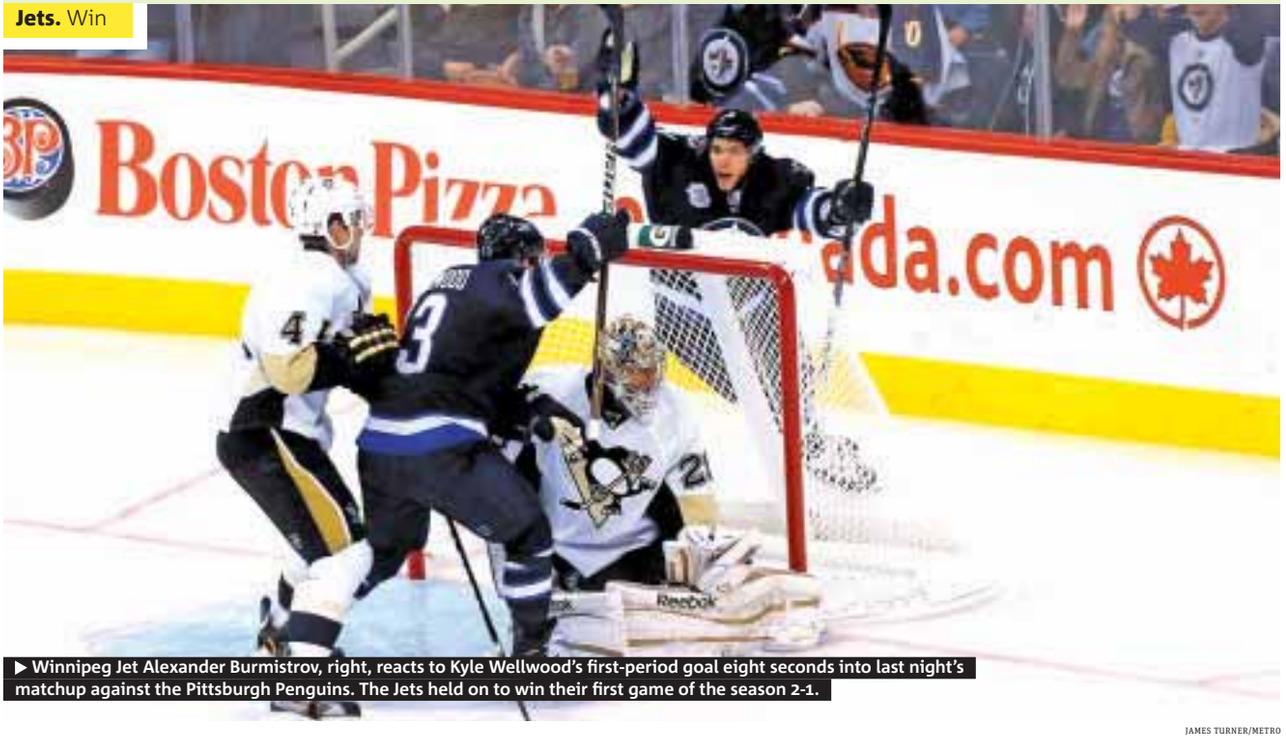
4 sports

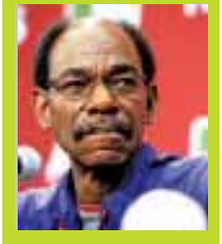
Jets. Win



▶ Winnipeg Jet Alexander Burmistrov, right, reacts to Kyle Wellwood's first-period goal eight seconds into last night's matchup against the Pittsburgh Penguins. The Jets held on to win their first game of the season 2-1.

JAMES TURNER/METRO

Quoted



"We weren't very happy with the results, and we certainly knew that we were a better team than we showed."

TEXAS MANAGER RON WASHINGTON WHOSE RANGERS ARE HEADING INTO THEIR SECOND-STRAIGHT WORLD SERIES IN GAME 1 VERSUS THE ST. LOUIS CARDINALS TOMORROW NIGHT. LAST YEAR TEXAS WAS WIPED OUT BY THE SAN FRANCISCO GIANTS IN FIVE GAMES IN THE RANGERS' FIRST-EVER WORLD SERIES APPEARANCE.

Fans honour Wheldon in Indy

Makeshift memorial springs up outside track where British driver won pair of Indy 500s

Crash survivors

Two drivers were released from a Las Vegas hospital yesterday after receiving treatment for injuries suffered in the crash that killed Dan Wheldon.

IndyCar spokeswoman Amy Konrath says Pippa Mann had surgery for a burn to her right pinkie finger and JR Hildebrand has a severely bruised sternum.

SCOTT OLSON/GETTY IMAGES

▶ A racing fan leaves a tribute to Dan Wheldon at the Indianapolis Motor Speedway yesterday.

Dan Wheldon's biggest fans wanted one more chance to thank their favourite driver yesterday.

They turned Indianapolis Motor Speedway's main gate into a memorial for the two-time Indianapolis 500 winner, who was killed Sunday in a fiery crash in Las Vegas. Less than 24 hours later, the iron bars at IMS were decorated with flowers, notes of condolence, checkered flags, American and British flags and even half-gallon milk jugs, symbolic of the traditional victory drink at Indy.

"I wouldn't run them on ovals. There's just no need to."

FIVE-TIME NASCAR CHAMPION JIMMIE JOHNSON WHO CALLED ON INDYCAR TO STOP RACING ON OVALS IN THE WAKE OF DAN WHELDON'S DEATH.

It was Indy where the 33-year-old Wheldon had his greatest successes and the most devoted fan-base outside his native England.

He won the Indianapolis 500 driving for Michael Andretti's team in 2005 and won it again in May for Bryan Herta's team.

Track officials lowered the flags above the main office to half-staff, and later in the afternoon hung a five-foot by 30-foot banner with Wheldon posing with Indy's Borg-Warner trophy.

THE ASSOCIATED PRESS

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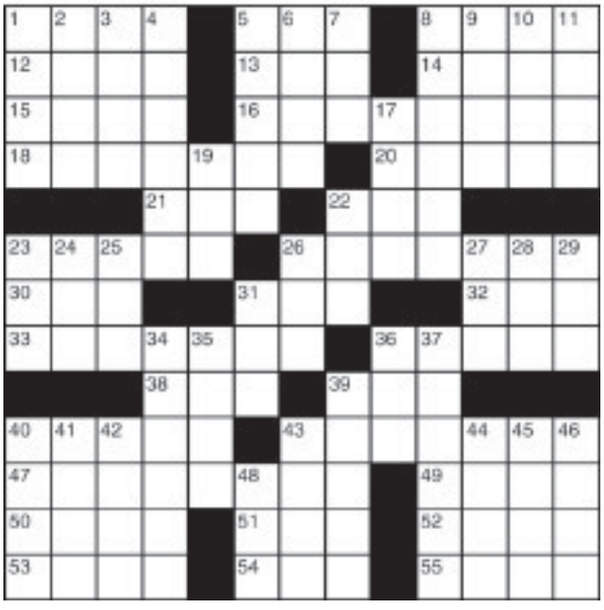
Crossword



Across

1 Creche trio
5 Antiquated
8 Pulsate
12 Right angles
13 Kids' pie filling?
14 Eastern potentate
15 Go sightseeing
16 Pose
18 Embassy employee
20 Actress Spacek
21 Historic period
22 Conclusion
23 Without pizzazz
26 Try
30 Born
31 Playwright Levin
32 — constrictor
33 Lure
36 Choir rendition
38 "Hail!"
39 Total
40 Ecru
43 "Way to go!"
47 Lawyer
49 Anger
50 Humdinger
51 Web address
52 Up to
53 Scottish garment
54 Sock part
55 "That's one small — ..."

Down

1 Transcending (Pref.)
2 Oodles
3 Excessive supply
4 Where Tel Aviv is
5 Nebraska city
6 Minstrel's instrument
7 Banned pesticide
8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defeater
17 "— It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's hat
31 Lemieux milieu
34 Spicy stew
35 Maintain
36 Deposit
37 Intellect
39 Fashion
40 Abruptly refuse
41 Needle case
42 "— be OK"
43 Re planes and such
44 Fisherman's enticement
45 Look lasciviously
46 Shrill bark
48 Eccentric

▶ Yesterday's answer

Sudoku

		7					4	9
	3	1		9	2			
6			4					
1		5	7		4			
	4						1	
			5		9	4		8
					3			6
			1	5		3	9	
8	9					5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	1	7	4	2	9	6
7	4	2	3	9	6	8	5	1
6	1	9	8	2	5	7	4	3
9	3	8	4	5	2	6	1	7
4	2	6	7	1	9	5	3	8
1	5	7	6	3	8	9	2	4
2	7	4	9	8	1	3	6	5
8	9	1	5	6	3	4	7	2
5	6	3	2	4	7	1	8	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Complicated
So tell me have you ever really really, reallly ever loved a woman?
FROM SIMPLE

ex- N.West Commuter
It's been a little over a year since we first had contact via emailing, and a whole lot longer since I first laid eyes on you. You used to commute daily through the skytrain/bus system but havent seen you in so long. Our first and only encounter was no where near what I would love to offer you, and I would be more than willing to put my 'hair' on the line again, only for you, but as we are no longer 'friends' I only wish to tell you that you are still, as you have ALWAYS been, my dream guy!
FROM SCOOBYDOOBY

A look at the weather

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 0°	Min 0°	Min 1°
Max 6°	Max 7°	Max 10°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you have fallen out with someone, your first priority is to get back on good terms with them.

♉ Taurus April 21-May 21 Someone you have dealings with will be rather aggressive today and you may be tempted to respond in kind. Don't.

♊ Gemini May 22-June 21 Creatively and artistically you will be on top of your game today, so do something truly extraordinary.

♋ Cancer June 22-July 22 You may have to get tough with someone but if you don't they will most likely make a mess of something that affects you directly.

♌ Leo July 23-Aug.23 Your communication makes it easy for you to win others round to your way of thinking.

♍ Virgo Aug. 24- Sept. 22 You will get an offer today that could bring you a lot more money and prestige.

♎ Libra Sept. 23-Oct. 23 Look out for your own interests and pay no attention to those who say you should be helping them more.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to give up on something, but the planets warn if you stop now you will regret it later, so keep going.

♐ Sagittarius Nov. 23-Dec. 21 Save yourself for the things and the people that really matter.

♑ Capricorn Dec. 22-Jan. 20 Someone in a position of authority will be glad to assist you.

♒ Aquarius Jan. 21-Feb. 18 Everything seems to be going well for you at the moment and life will be hugely enjoyable over the next few days.

♓ Pisces Feb. 19-March 20. You may or may not grow rich over the next few days but Lady Luck is smiling on you. **SALLY BROMPTON**

Caption contest

NATHAN DENETTE/THE ASSOCIATED PRESS

NATACHA PISARENKO/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Available on the App Store

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